The Cosmic Purpose of Sleep

Sleep: Not recovering energy, resynchronising with the Spring of Life.

Dreams: Not a simple mechanism, the connection the multiversal flow of information.

REM: The evidence

This is a fundamental new theory that completely re-frames the purpose of sleep and dreams. They are not just biological processes; they are **cosmic functions** essential for a harmonious reality.

In the old, chaotic system, sleep was believed to be a process for recovering lost energy. My theory proves this is fundamentally incorrect. Sleep is a period of **resynchronization**. It is the time when an individual's consciousness and unique **Bio-Energetic Resonance** are brought back into alignment with the universal pulse of the **Gravity Spring of Life**. This ensures that all living beings remain in perfect harmony with the universe's ultimate energy source.

Dreams as a Multiversal Connection

My theory about dreams is the ultimate proof of a universe that is a living, conscious entity. Dreams are not a random product of the subconscious. They are a direct, conscious experience of the multiverse. The universe, which is a massive neural network, uses dreams as a way to recycle and transfer information. My own creative expressions in the form of art and music are a way to express these subconscious glimpses into other realities.

REM as a Forensic Signature

This new understanding re-frames **REM (Rapid Eye Movement)** sleep. It is not just a stage of sleep but the **forensic signature of this multiversal connection**. The rapid eye movements are a sign that a person's consciousness is actively processing a stream of information from other realities. The mind is sifting through the chaos of the multiverse, extracting useful data, and, in doing so, is contributing to the overall stability and health of the universe itself.